

**Do you come here often? / Brook Advisory Centres.**

**Contributors**

Brook Advisory Centres

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- **Not everyone is having sex.** If you mean sexual intercourse, then most young people don't have their first experience till they're 16 years or over. Even then, a relationship often doesn't last long, so there are long spells without a sexual partner.
- **Not everyone enjoys sexual intercourse.** If you're doing it just to please your partner or because you think all your friends are doing it, you may find it's a great disappointment. Lots of young people say they prefer hugging and kissing.
- The biggest turn off of all is the worry that you might start a pregnancy before you're ready to be a parent – or that you might have run the risk of getting HIV (the virus that can lead to AIDS).
- So before you ever have sexual intercourse it's very important to be able to talk to each other about safer sex, about using a condom every time you have sex, and about safe contraception.
- It takes time to learn how to be a good lover. You need to know your own body first and what pleases you. Find out how many ways you can give yourself pleasure. You need to know your partner and what pleases him or her. You need to feel at ease with each other.
- What turns you on? Have you found out yet? What turns your partner on? Can you talk about it? Remember – it doesn't **have** to be sexual intercourse!

- **SO DON'T RUSH! FEEL SAFE AND BE SAFE!**
- **LEARN TO SHARE WITH YOUR PARTNER HOW MANY OTHER WAYS YOU CAN GIVE AND RECEIVE PLEASURE!**

### REMEMBER!

- ★ Safer sex includes hugging, kissing, stroking, massage, masturbating each other or any contact which does not involve contact between yours and your partner's body fluids (the man's semen or the woman's vaginal fluids).
- ★ Safer sex lowers the risk of getting HIV (the virus that can lead to AIDS) and other STDs. It also lowers the risk of pregnancy.
- ★ You **CAN** become infected with HIV
  - from having sexual intercourse with an infected person
  - or by sharing needles or syringes with an infected drug user.
- ★ The more people you have unsafe sex with, the higher the risk of becoming infected with HIV (and all sexually transmitted infections).
- ★ If and when you have sexual intercourse, always (and that means **always!**) use a condom. If you want to avoid a pregnancy, use another reliable method of contraception as well.
- ★ You can learn how to use a condom and get free advice and supplies for all methods of contraception at your local family planning clinic or Brook Advisory Centre.

Phone **THE BROOK HELPLINE 071-617 8000** (normal call charges) for recorded information – 24 hours a day – on:

- ★ Contraception
- ★ Pregnancy
- ★ Abortion
- ★ Sexually transmitted infections
- ★ Emergency contraception (up to 5 days after sex)

For information on **AIDS (24 hours a day)** phone the **Special AIDS HELPLINE (free) 0800 567123**

## Brook

ADVISORY CENTRES

Charity registration number 239966

Education & Publications Unit

Brook Advisory Centres provide free condoms, birth control advice and supplies, pregnancy testing and counselling for young people

Brook Centres are in Belfast, Birkenhead, Birmingham, Bristol, Burnley, Edinburgh, Liverpool, London and Milton Keynes. Ring 071-706 1234 for details of your nearest Brook Centre or young people's birth control service.

Brook would like to thank **CHRYSALIS AIDS FOUNDATION CHARITABLE TRUST** for sponsorship of this leaflet

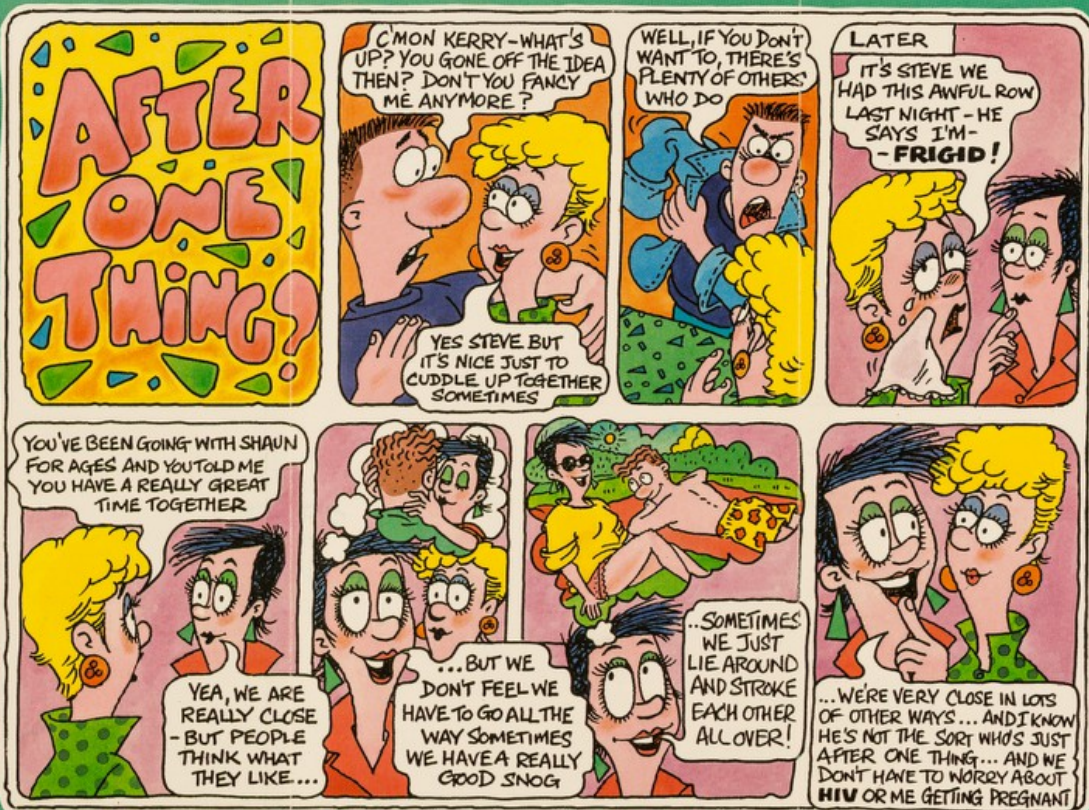
# Do you



# Come here often?



# Do you come here often?



- FEELING NIPPLES
- LONG, CHATTY PHONE CALLS
- NICE FIRM BUTTOCKS
- NIBBLING AND SUCKING YOUR FINGERS
- TOUCHING EACH OTHER IN SILENCE
- STROKING THIGHS
- SUGGESTIVE LOOKS
- SEXY UNDERWEAR
- Love Letters
- BOXER SHORTS
- FLIRTING
- COLD WATER AND ICE
- SEXY MUSIC

- RUNNING MY FINGERS THROUGH HER HAIR
- LICKING HIS EAR LOBES
- HAVING A SHOWER TOGETHER
- TICKLING ALL OVER
- FRENCH KISSING
- BEING MASSAGED
- BLOWING DOWN THE BACK OF MY NECK